

Silver Banner

January 2014

Issue 81

Editor: Kelly Pizzi

Mission Statement:

The mission of the Hilltown Assoc. of Councils on Aging is to provide and promote programs, activities and services to the senior citizens of the hill town communities of Becket, Dalton, and Washington.

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THIS ADDITION OF THE SILVER BANNER WAS SPONSORED BY THE FRIENDS OF THE DALTON COUNCIL ON AGING	

Dalton Senior Center Hosts Berkshire Carousel Horse

If you have not been in to the Senior Center recently you have not had the opportunity to meet our special guest! The Carousel Horse is currently on loan from the Berkshire Carousel where it hopes to make Dalton its permanent home.

This hand-carved blonde beauty is entitled Apple's Harvest and was crafted for Sam and Gertie Appel. The volunteer effort that began in 2008 is completely supported by private funds. A 1.6 million dollar capitol campaign has begun to keep the attraction in Dalton and the project is currently housed at the former Crane building on Flansburg Avenue.



After sixteen years, Clarence Green has retired from driving the COA Van. Clarence came to us as a volunteer and has been a cheerful influence on staff and riders. In recognition of his service, Clarence was presented with a Commendation by Ken Walto, Town Manager and John Bartels, Jr. of the Dalton Select Board on Monday December 9. When asked how he is going to spend his time, he stated: "Oh, don't you worry about that, I know how to keep myself busy." We are sure that listening to music and caring for his wife Sarah will help him! We know that his cheerfulness will be missed by his riders and by us at the Center!

HILLTOWN NOTES

Town of Washington Appoints New Director

The Board of Selectmen have appointed Jeff Swatell as the new Director for the Council on Aging. Jeff can be contacted by calling the COA at 623-5254 or by email at washingtoncoa@gmail.com.



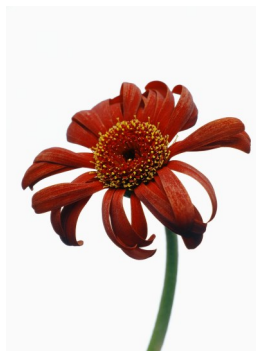
A Message To the Senior Community of the Town of Washington:

Thank You!

Thank you for your support of the COA over the last 2 years. I really enjoyed our potluck dinners and the opportunity it gave me to get to know many of you better. I would gladly serve again if reappointed.

Sincerely,

Rose Borgnis



Spotlight: DALTON TALENT

MUNSON

*Immediately after moving my life
to a new, smaller, less expensive Abode*

*I noticed the apple tree
framed in my kitchen window.*

*A wooded area
is behind
the twisted trunk that forked
in five major branches.*

*A sense of its command
was evident as it started to shed
apples--yellow with a rose tinge.*

*Woodchucks gathered beneath
the headress of wiry smaller branches
reminiscent of Einstein's bad hair days.*

*As an abundance of apples fell
creatures fed on the manna supplied
by the trees generosity.*

*My cat and I enjoyed watching
the antics of chipmunks
playfully leaping onto a fallen
branch leaning against the trunk
then up and around the forked branches.*

*This tree was center stage
for happenings. So I sat outside
my kitchen door
days and nights
to view the moon and stars above
as well as sun streaming.*

*An old dignity emanated.
I asked the apple tree its name
foolishly expecting a Shirley or Charlie.
MUNSON came in bold letters to my mind.*

*I mulled this. A knowledgeable friend of apples tells me
that there are 5,000 varieties.
A tree nursery did not know of a Munson.*

*I appealed to Google.
Antique apple tree/Munson.
There it was.*

*A Massachusetts apple tree common before 1849 now
considered rare apples described as sweet yellow with a
rose tinge.*

*I thanked my friend for sharing his being with me and
those abiding near.
Diana Gomez.*

Program Coupons make great gifts!

MASS LEGISLATIVE UPDATE

From the Desk of Paul Mark



I would like to thank Kelly at the Dalton Senior Center for the chance to once again contribute a column for this newsletter. This is a great opportunity to keep people in our community informed about happenings at the State House.

The Massachusetts Legislature and the Governor recently approved the final version of the fiscal year 2014 state budget. The FY 2014 state budget included good news for seniors in a number of areas. One area of particular importance is the elimination of wait lists for seniors hoping to receive Homecare and Enhanced Community Options Program (ECOP) services. I am pleased to report that I joined a number of my colleagues as a co-sponsor of budget amendments to increase funding for these programs. Our advocacy paid off and we were able to increase the Homecare and ECOP line-items by \$5.5 million dollars. Homecare and ECOP are important programs that help keep seniors in their homes by providing assistance with daily living activities. Some other good news coming out of the FY2014 budget included an increase in the line-item for Councils on Aging by one dollar per elder served. I was a co-sponsor of the budget amendment that helped make this happen. This money will be well spent by local senior centers that are already stretched thin providing excellent services on tight budgets. We were also able to retain the personal needs allowance, increase funding for congregate housing and elder homelessness, sustain a proposed increase for protective services, and establish commissions on LGBT aging and Elder Economic Security.

The work at the Massachusetts State House stands in sharp contrast to what has been going on in Congress down in Washington, DC. The Federal government shutdown caused a great deal of stress and uncertainty

all around the nation. In Massachusetts, we did everything possible to avoid any ill effects from the shutdown. Funding was provided to stop gaps that would have occurred in federal programs, including a \$20 million dollar amendment I sponsored to help secure low income heating assistance programs. Luckily the shutdown ended quickly enough to avoid any long term damage. I am proud to say that at the Massachusetts State House we are able to settle our differences quickly and cordially and that our state budget is always balanced and finished in a timely, cooperative manner.

Please stay in touch and let me know your questions and thoughts. I hold office hours monthly at the Dalton Senior Center on the third Tuesday of the month from 1 to 4pm and weekly on Tuesdays from 9 to 4 at the Dalton Town Hall. Check out www.representativemark.com for the full schedule or call (413) 464-5635 for more details. Please stop by and let me know how I can best serve you.

NATIONAL COUNCIL ON AGING LAUNCHES NEW BENEFITS CHECK UP ONLINE TOOL!

Are you over 55 years of age? Do you struggle with paying for your prescriptions? Do you need assistance with food or utilities? What about in-home services or employment training? The Benefits Check Up can help to identify programs for which you may be eligible. The website can be accessed at:

www.BenefitsCheckUp.org

**TIMES ARE TOUGH
BE SURE YOU ARE ACCESSING ALL
PROGRAM YOU ARE ABLE!**

SENIOR CENTER EVENTS

CAREGIVERS NOTEBOOK

January 15 & 27, 2014
1:00 – 2:00

Organize yours or your parents medial history so it is at your fingertips whenever needed.

Presented by Bev Favereau

First Session: Notebook Overview

Second Session: Getting it filled!

Sign up at the front desk

\$10.00 (cost of notebook)

MY LIFE, MY HEALTH
INFORMATIONAL MEETING JANUARY 17
12:30

SIX WEEK WORKSHOP SESSIONS
BEGIN FRIDAYS 1:00-3:30
REGISTER TODAY!

Upcoming Events:

Please watch the calendar or
www.dalton-ma.gov



Dalton Senior Center Opening Anniversary Celebration!

Volunteer Dinner

90 + Birthday Party

Possible intergenerational event with
DAVIS BATES

(pending Cultural Council Grant Approval)

NEW MONTHLY PROGRAM: HEADLINES:

FORTH FRIDAY OF EACH MONTH AT 1:00
COME AND DISCUSS WHAT IS HAPPENING IN
THE WORLD,
WATCH THE HEADLINES!



James Stankiewicz with his 2nd grade Choir sings carols for the Senior Center on December 19.

MOVIE NIGHT

at The Dalton Senior Center

6:00 PM

2ND & 4TH THURSDAYS

NOW ALL BLOCKBUSTERS!

POSTED 1 WEEK ADVANCE

\$2 PURPLE COUPON

POPCORN –FREE!

Introduction to Water-color

Wednesdays starting January 8, 15, 22 and
29th.

1-3:30 PM

Instructor:

Melinda Georgeson

Snowstorms and Ice will cancel and push the
program to the following week

Registration and Supplies

\$15, (1x fee)

Instructor fee \$10 (weekly)

Sign up today!



Can You Win the Trophy from Chris Faye?
CHICKEN SOUP COOKOFF!

February 14—Judging at the Dalton Senior Center
Anniversary Celebration!

\$15 registration—Trophy & Prize

Not New but a Timely Reminder—Especially This Winter!

Snow-Shoveling Health Tips as Winter Looms **Combination of exertion and cold weather poses heart attack risk, expert warns**

SATURDAY, Dec. 14, 2013 (HealthDay News)

"When the temperature outside drops, our blood vessels narrow to prevent our bodies from losing heat," Dr. Holly Andersen, director of education and outreach at the Ronald O. Perelman Heart Institute of NewYork-Presbyterian Hospital/Weill Cornell Medical Center, said in a hospital news release. "This is a natural response that can also put people with heart conditions and those involved in strenuous exercise at greater risk of having a heart attack."

Andersen said shoveling snow is one of the most strenuous and dangerous winter activities. It can boost blood pressure and, combined with the effects of frigid temperatures, can significantly increase heart attack risk.

Andersen offered the following advice for safe shoveling and good heart health this winter:

- * Warm up with stretching and light activity before shoveling, exercising or beginning other strenuous activities.
- * Wear a scarf over your mouth and nose when you're shoveling snow to warm the air you're breathing. Layer clothes beneath a windproof and waterproof outer shell, which will help maintain body heat.
- * Push the snow rather than lift it. This will reduce the risk of overexertion.
- * Take frequent breaks while shoveling to give your muscles -- especially your heart -- a chance to relax. Try sharing the workload with a friend, which will also ensure that you are not alone in case of an emergency.
- * If you are over 50, overweight, out of shape or have suffered a heart attack, consult your doctor before shoveling snow or starting any exercise routine.

More information Visit the U.S. Centers for Disease Control and Prevention for more about [winter health and safety](#).

SOURCE: New York-Presbyterian Hospital/Weill Cornell Medical Center, news release

MEDICAL EQUIPMENT DONATIONS

The Dalton Council on Aging appreciates and thanks you for donations which keep new programs and those special touches coming. Please remember however we have no storage space and cannot accept medial equipment and items left on our doorstep for staff to dispose. Donations of wheelchairs, walkers, hospital beds and commodes are accepted by United Cerebral Palsy who can be reached at 447-9555. They are located at 208 West Street in Pittsfield.

THE THINGS WE ARE THANKFUL FOR

Thank You

To all of the volunteers who assisted with the Veteran's luncheon on November 8.
Also Epoch at Melbourne, Craneville Place, and Republic Services who made the event possible!

Thank You

To all of the volunteers who helped with the Holiday Party.—Friends of the Dalton Council on Aging for the raffle prizes, Elder Services for preparing the meal and Craneville Place who Sponsored the Event.

A special thank you to
the St Agnes Choir who walked over to sing carols!
(See photo page 4)

NCOA, CDC & the Arthritis Foundation Team to offer Arthritis Self -Management

Are you living with Arthritis? Get the support you need from a small group of up to 25 people who are living with arthritis just like you. You'll need to commit a total of about two hours per week for six weeks to complete the program; although you can always spend more time if you want. The workshop is flexible so you can log in whenever it's convenient for you.

There's no cost for participating in the workshop at this time. Funding is provided through a grant by the Centers for Disease Control and Prevention.

You'll bond with other participants by sharing stories, strategies and struggles – the workshop is anonymous so you can discuss whatever you'd like. The facilitators have chronic conditions, like arthritis, so they know what you're going through.

If you decide to participate in the program, you'll receive a free workbook, the *Arthritis Help-book*, to provide support as you go through the workshop.

The six week workshop will cover a variety of topics, including:

Pain management

Problem-solving steps

Dealing with difficult emotions

Fitness and healthy eating

Fatigue and energy conservation

Working with your health care team

Communicating with your family, friends and doctors, And more!

You can register for the program by typing the following address into your browser:

<http://www.arthritistoday.org/arthritis-self-management.org/>

This online program was supported partially by Cooperative Agreement Number DP11-1113 DP003806 from the Centers for Disease Control and Prevention (CDC). The content is solely the responsibility of the Arthritis Foundation and National Council on Aging and does not necessarily represent the official views of the CDC, the Department of Health and Human Services, or the U.S. Government.

Family Caregivers of Seniors Need to Take Care of Themselves

Bob Dean, Navigation For Caregivers

Caring for a parent, spouse, grandparent or other older relative can be very stressful. Studies show that those who care for a parent are twice as likely to suffer from anxiety or depression as the general population, while those caring for a spouse are six times more likely. Additionally, almost 20% of family caregivers report that their own physical health has suffered as a result of their caregiving responsibilities. This is no surprise to those of us who are caring for a parent, spouse or grandparent. Nor is it a surprise that while we do a really good job of taking care of Mom, Dad, or Spouse – we are terrible at taking care of ourselves. So what are we to do? A few suggestions:

Accept what is: the reality of what the care recipient can and cannot do, and what you – as a caregiver – can and cannot do.

Ask for help and accept offers of help. It is a sign of strength, not weakness, for you to recognize that you can't do it alone and - just as importantly - that you shouldn't do it alone. Your local Council on Aging and Elder Services of Berkshire County are two good places to look for help. It is also important to seek support from other caregivers who have been through or are going through many of the same things you are. The Dalton Council on Aging hosts a caregiver support group that meets on the first Thursday of each month. Check it out.

Make time for yourself, take time for yourself. Caregiving is exhausting and you need time off - guilt free - to re-charge in your own way (walk, exercise, a hobby, movie, friends' night out, quiet time etc). You have earned this time for yourself. Forgive yourself. Don't feel guilty about the things you cannot do, or if from time-to-time you feel angry, frustrated or resentful.

However, if you think you may be suffering from depression (feeling hopeless, helpless or worthless) get professional help - immediately. Remember: it is a sign of strength to ask for help.

Finally, try to step outside your caregiver role whenever possible - so that you can be son, daughter or spouse again – and enjoy quality time with your loved one.

Bob Dean, Director of Navigation For Caregivers, can be reached at (413) 464-1519 or by e-mail at rpdean123@gmail.com.

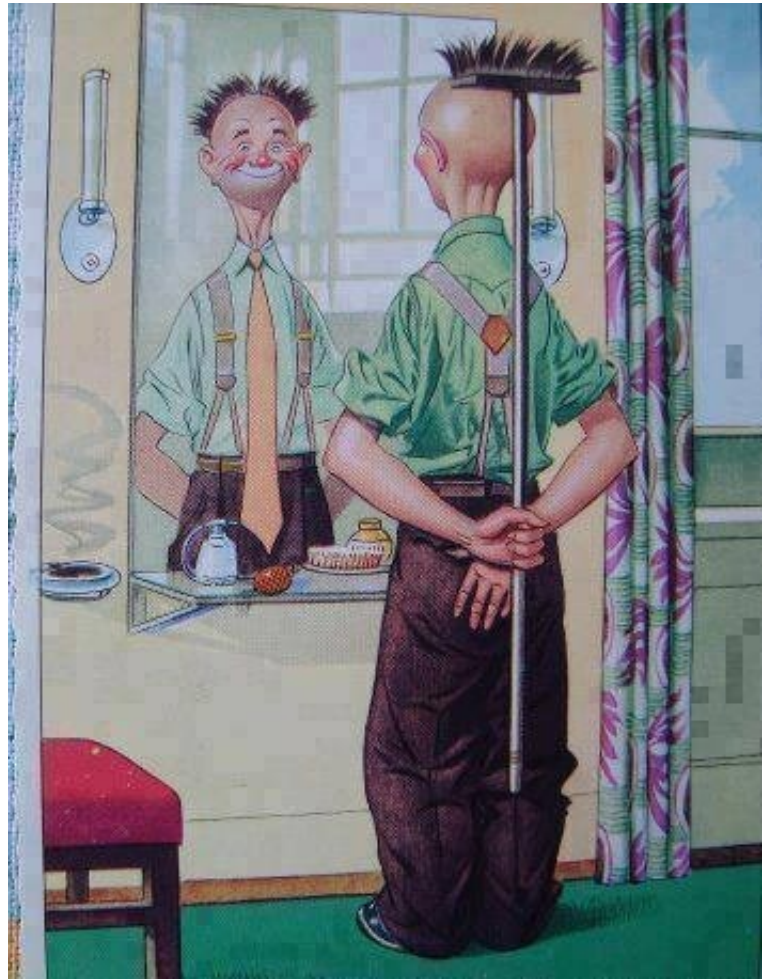
Exercise your brain with the
Dalton Senior Center Word Find

Find the following WINTER related words
 in the puzzle

cold	scarves
crystal	scraper
flakes	shovel
frost	ski
gloves	sleet
ice	slippery
plow	snowball
salt	snowman
sand	whiteout

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t e e l s t r d h l i f e b e
g f G s t l a s t c m c r o s
n u l a c i p u v y t i e i i
i h o a r i l o h r d s d l c
t e v t k z l j j e y c o l d
l t e s r e o y e p a a s a e
i s s p n n s s l p w r v i t
u o n t g n p o n i i v b n u
q r r g g a w l t l a e j t o
q f e d o m n a t s i s g i e
r l p g s w e t u p a o c n t
l l a b w o n s a n c i n g i
b a r c n n l y d v p a s t h
m x c s n s t r i c h i f k w
j z s h o v e c l e v o h s i
  
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**Transportation Credit for
friends and family on the
COA Van makes a great
gift!**

**Call Sarah for more information.
684-2000**

FRIENDS OF THE DALTON COUNCIL ON
AGING
HILLTOWN ASSOCIATION OF
COUNCILS ON AGING, INC.

40 Field Street Extension
Dalton, MA 01226

Phone: 413-684-2000
Fax: 413-684-6107
Email: dcoa@bcn.net

**Meals are now every weekday
at the Dalton Senior Center!**

Elder Services lunch: Monday &
Thursday 12:00 noon
\$2 Suggested Donation

Soup & Sandwich: Tuesday at 12, \$4

Free Breakfast: Wednesday & Fri-
days 8:30-9:30!

**24 hour registration is required
for all meals 684-2000**

TAX-AID
Soup
Visiting
LINE-DANCING
Volunteers
POETRY
foot-care
Fun
KNITTING
TaiChi
advocacy
Transportation
PAINTING
computers
TRIAD
StateRep
Intro-to-Painting
Pitch
OSTEO
ShakeYourSoul
Majongg
Sandwich
Acrylicfriends
LUNCH
Bridges
SHINE
lectures
Café

The Dalton Senior Center is a proud participant in TRIAD. Triad is a community collaboration with local law enforcement including Dalton & Hinsdale PD, Dalton Fire, Berkshire County Sheriff's Office, Berkshire District Attorney's Office. We meet the third Wednesday of every month at 1 pm here at the center.



Board of Directors

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